

Hawthorn Academy
Policy: Wellness Policy
Adopted Revision: November 13, 2019



Purpose

The purpose of this school Wellness Policy (the "Policy") is to ensure the best possible mental and physical health environment for the students of Hawthorn Academy (the "School"). The School's Board of Trustees (the "Board") and Administration (the "Administration") recognize that there is a well-documented link between nutrition, physical activity and learning. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health as well as their behavior and academic achievement in school. Schools have a responsibility to help students learn, establish and maintain lifelong healthy eating and activity habits and to promote healthy living in families and in the community. Faculty and staff wellness is an integral part of a healthy school environment as well, since school faculty and staff can be daily role models for healthy behaviors.

Wellness Committee

Under the direction of the Board and Administration, the School has established a Wellness Committee to oversee wellness efforts, review the School's progress towards accomplishment of the School's wellness objectives and, as necessary, recommend changes to the Policy. The Wellness Committee may consist of, but is not limited to, parents, ~~students~~, food service staff, members of the Board and Administration, teachers, health professionals and members of the community.

Objectives

All students in the School shall possess the knowledge and skills necessary to make healthy food and physical activity choices throughout their lifetime. Parents and families shall be provided with tools and resources to promote and encourage healthy living. All staff in the School shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

To meet these objectives, the School adopts this Policy, which addresses physical activity, nutrition education, and healthy school environment and food guidelines. This Policy is designed to effectively utilize School and community resources to equitably serve the needs and interest of all students, families, faculty and staff, taking into consideration differences in culture.

Physical Activity

The Board and Administration recognize the importance of physical activity for student health and academic achievement. To promote physical activity, the School will:

- a. Ensure that every student from Kindergarten through ninth grade receives regular, age-appropriate, quality physical education.
- b. Use a variety of subjects and innovative lesson plans to increase physical movement in the classroom.
- c. Provide a wide variety of physical activities and introduce students to many different sports and ways of getting physically active. This may be done in the classroom as well as through physical education, assemblies and after-school activities.
- d. The school has established before- and/or after-school sports teams or clubs for students. Faculty act as advisors with support from parent volunteers. Sports and clubs include I.e.

cross country, volleyball, basketball, soccer, dance, cheer, creative drama, ballroom, art, exploratory science, etc.

- e. Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g. recess, physical education) as punishment.

Furthermore, the School will:

- f. Provide physical activities that teach all students, regardless of ability, cooperation and teamwork, good sportsmanship, positive self-image and personal achievement.
- g. Ensure that alternative activities are provided for students with physical disabilities.
- h. Provide exemptions from physical activities where appropriate for ill or injured students.

Nutrition Education

The primary purpose of nutrition education is to build knowledge and skills that will help students make healthy eating and physical activity choices now and throughout their lives. In order to do so:

- a. The classroom, cafeteria and other School venues will provide clear and consistent messages that explain and reinforce healthy eating and physical activity habits.
- b. Faculty and staff will teach healthy eating habits in the classroom by incorporating healthy ~~nutrition~~ facts and activities not only in health but also subjects such as math, science, language arts, social sciences and elective subjects. Activities are age appropriate such as dividing the plate, identifying foods from countries or regions in Social Studies areas of instruction, etc.
- c. Nutrition education will be provided and nutrition incentive programs will be established. Staff wellness is a focus and activities are established which allow staff to model and support the wellness policy.
- d. An increase of healthier meal choices, including fruits, vegetables, whole grains and low-fat dairy products, will be provided to students to encourage improvement of nutrition behaviors on the School campus.
- e. The school lunch program places a tip monthly in the school cafeterias and on the Lead Director's blog, which is shared with parents.
- f. Students will be encouraged to test healthy food items with which they are not familiar to promote behavior change and healthy school meal consumption.
- g. Nutritional and physical awareness and healthy lifestyles will be promoted to students, families, faculty and staff through activities that may include but are not limited to assemblies, fairs, newsletters and physical activities.
- h. The school works with the community to promote nutrition and physical awareness through an annual Healthy Living Expo and Fun Run/Walk. Healthy tips are shared with families through community partners and representative to help educate families the month leading up to the event and at the event.
- i. The school administration will measure level of implementation twice a year in self reporting staff surveys.

Healthy School Environment

The Board and Administration understand the need to create a school environment that is conducive to promoting and sustaining the nutritional, physical and emotional health of its students, faculty and staff. In order to create such an environment:

- a. Students will be educated on the importance of proper hand washing and will be provided access to restrooms for washing hands.
- b. The School will make drinking fountains available so that students can get water at meals and throughout the school day. In addition, students are allowed to bring and store water bottles in the classroom.
- c. The School ensures there is adequate time, as determined by the Board and Administration, for students to enjoy eating healthy foods with friends.
- d. The School will make efforts to keep School-owned physical activity facilities open for use by students outside school hours.
- e. The Wellness Committee works with the school PTO to pursue and implement fundraising activities that promote healthy eating and physical activity.

Food Guidelines

The primary purpose of the food guidelines contained herein is to ensure that the use of food in the School promotes and protects health and wellness. The following guidelines are hereby set forth:

- a. <http://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>
- b. Food that supports the School's wellness philosophy and objectives will be allowed in the classroom at the teacher's discretion where it is part of a lesson plan or demonstration. For example, a teacher may use an orange to teach fractions.
- c. Gum will not be provided to students at any time during school and will not be allowed within the School or on School property.
- d. Distribution of carbonated beverages to middle school students only will be limited to select activities held 30 minutes before the beginning of school and after the end of school and approved by the Administration. Carbonated beverages will not be distributed to students in grades K- 6. Energy drink are prohibited across the schools.
- e. Teachers will be encouraged to identify their students' allergies and dietary restrictions and work with parents to address individual needs.
- f. Students will be discouraged from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other dietary restrictions.
- g. Distribution of birthday treats in the classroom will not be allowed.
- h. Classroom celebrations that involve food will be allowed at the Administration's discretion. Such celebrations shall comply with the following:
 - i. All foods made available will comply with state and local food safety and sanitation regulations.
 - ii. Healthy snack choices and/or options will be offered to students, faculty and staff as part of the celebration.
 - iii. Faculty, staff and parents will make healthy and fun activities the focus of the celebration rather than food.

- iv. The PTO will create and provide suggestions of healthy and affordable snacks to parents who are helping with celebrations.
- i. Vending machines, where available, will have the option of water for the use of students in grades one through nine as well as faculty and staff. Machines accessible to the abovementioned students will contain healthy food choices that support the School's wellness philosophy and objectives.
- j. Food provided as part of after school or extracurricular activities will be under the direction of the Administration.
- k. Guidelines for meals served as part of the School's school lunch program will not be less restrictive than the regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. § 1779) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. § 1758(f)(1), (1766(a))).

OVERSIGHT OF POLICY

- 1. The Lead Director, in conjunction with the campus administrators, will oversee the Wellness Policy.
- 2. The Kitchen Manager, who oversee the National School lunch program at all campuses, will ensure compliance with the lunch program regulations.
 - a. Ensure that all reimbursable school meals meet current USDA nutritional standards.
 - b. <http://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>
- 3. The Policy will be reviewed every three years
- 4. The policy will be posted on the Hawthorn website